

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
**[www.mrhsny.org](http://www.mrhsny.org)**

**President: Eileen Canty**  
**Executive Director: Ronald Bruno**

## Falls Prevention Presentation

Did you know older adult falls are largely preventable?

By attending the Falls Prevention Seminar, you will learn:

- What causes falls in older adults
- What you can do to protect yourself and your loved ones from a fall
- The role of occupational therapy practitioners in reducing your fall risk and helping you to live life to its fullest

*The program will be presented by Columbia University Occupational Therapy students.*

**Wednesday, September 27 at 1:00 PM**  
**The New MRHS Center, 100 La Salle, #MC**

## Nuts & Bolts of Estate Planning

This is a a general introduction to understanding Wills, Trusts and general estate planning. The goal of this presentation is to dispel myths about estate planning and to explain how Wills and Trusts actually work to distribute your estate.

The program will be presented by **Douglas J. Chu, Esq.** from *Hynes & Chu, LLP*. Mr. Chu is an Elder Law attorney with over 25 years of experience in Medicaid planning, estate probate, wills, trusts, powers of attorney and health care proxies.

*This program is a joint presentation of MRHS and MHHC.*

**Wednesday, September 20 at 2:00 PM**  
**Thurgood Marshall Room, 80 La Salle St.**

***\*\*\*MRHS is closed on Monday, September 4 for Labor Day. We wish everyone a good holiday.\*\*\****

## Fall Fair 2017

The Fall Fair will be held on **Sunday, September 24, from 12:00 Noon to 3:00 PM on the Plaza between Buildings One and Two.** MRHS will again be partnering with MHHC's Family Activities Committee and the Players to provide intergeneration fun. Stay tuned for specifics. In the event of rain, the Recreation Center has been reserved.

MHHC residents are invited to rent tables for \$25 to sell their own items and keep the proceeds. Alone or partnered with friends and neighbors, they can stock a table with anything from holiday decorations to craft items. Rental forms are available in the MRHS office. Tables will be available on a first come basis. As in the past, space will be free for kids aged 16 and under who are encouraged to offer books, games, and sports equipment. They should provide their own ground covering.

## Jewish Museum Trip

On **Wednesday, September 13** MRHS Social Work Intern Robin Aloï will lead a group to **The Jewish Museum**, at 92<sup>nd</sup> Street and Fifth Avenue. The trip is limited to 20 people so please call early. We will have a docent-guided tour of the *Florine Stettheimer* exhibit, **Painted Poetry**, presented as a "verbal description tour," so that those who have low vision can better enjoy the art.



Note that this exhibit closes on September 24. The tour is from **2:00 PM to 3:30 PM.** Attendees can meet Robin at MRHS and go as a group or go on your own. Please call 212-666-4000 for your reservation.

## Director's Column

As we wind down our fiftieth anniversary year, I thought I'd review what has sustained MRHS as a model NORC program through all these years. I soon discovered that to do justice to the staff, volunteers, board members, the Morningside Gardens community, and the wider community including our elected officials and health care partners, as well as our supporters at the aging departments of the city, state and elsewhere — in short, to do justice to all the people who have made MRHS possible it would take more than the 300 words I'm allotted in this column.

So I'll start with the staff in these 300 words and continue in columns to come. As I've said before MRHS staff not only promote "aging in place," we demonstrate it. I won't bore you with the number of years each of us has worked at MRHS other than to say that the combined years of Healthcare Coordinator/Nurse Marie Phillips, Assistant Director Joanna Stolove, Office Manager Margaret Bianchi and myself add up to sixty-five years at MRHS. Saudia Garnette has been a social work intern since last September and a part-time staff member since April, adding a few more months to the grand total. It has been demonstrated that continuity of care with the older population is a significant factor in promoting good, healthy outcomes.

But it's not merely longevity that counts, but the skills, knowledge and dedication that our staff brings to the job. I continue to be impressed with the way staff members keep a watchful eye on the core mission of MRHS, enabling older adults to remain living safely and comfortably in their own homes. Working in the community, mostly in people's homes, can be a challenging job description. But our staff rises to the challenge day in and day out.

It's easy to fall into the trap of taking your co-workers for granted — and I, for one, do not express my thanks to the MRHS staff for all their hard work nearly enough. So I hereby offer each of them a hearty thank you!



## Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Joyce Davis, Ralph Della Cava, Norma De Paur, Peggy Haskins, John Johnson, John Kapner, Leila Lieberman, Rachel Martin, Yong-Ki Pak, Dorothy Savage, Katherine Scheuer, Gwen Simmons, Adolf Singer, Yen Tang, Celestine Twining, Roderick Wallace, Audraine Wilson, Margaret Yi, and John Yoshinaga

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in September are all invited to our Birthday Party! Come on **Tuesday, September 19 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

Sept. 2 **Silkwood** (1983) 2 hr A worker at a plutonium processing plant is purposefully contaminated, psychologically tortured and possibly murdered to prevent her from exposing worker safety violations at the plant. Stars Meryl Streep. Directed by Mike Nichols, written by Nora Ephron and Alice Arlen. Nominated for 5 Oscars. Rated R

Sept. 9 **Le Havre** (2011) 1 hr, 33 min When an African boy arrives by cargo ship in the port city of Le Havre, an aging shoe shiner takes pity on the child and welcomes him into his home. In French with English subtitles. Rated PG

Sept. 16 **A Quiet Passion** (2016) 2 hr, 5 min A biographical drama tells the story of American poet Emily Dickinson (Cynthia Nixon) from her early days as a young schoolgirl to her later years as a reclusive, unrecognized artist. Winner of the Grand Prix award, Ghent Int'l Film Festival. Rated PG-13

Sept. 23 **The Garden of the Finzi-Continis** (1971) 1 hr, 34 min Vittoria De Sica's moving, splendidly recreated portrait of an aristocratic Jewish family and a middle-class one in Ferrara, Italy, in the late 1930s. Academy Award for Best Foreign-Language Film. English subtitles. Rated R

Sept. 30 **Eagle Huntress** (2016) 1 hr, 27 min Documentary Thirteen-year-old Aisholpan trains to become the first female in twelve generations of her Kazakh family to become an eagle huntress. Nominated for 1 BAFTA Film Award. Rated G

**Movies start at 2:00 PM. Please arrive early. Suggested donation: \$1.00.**

## Just a Reminder

**Tuesday Lunch** – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the New MRHS Center.

**MRHS Sing-Along** – Come to the Sing-Along every **Tuesday at 1:00 PM**.

**MRHS Office Hours** – The following is the New MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

**Nurse's Hours** – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

**Hypertension Screening on Wednesday**

Resumes on September 6.

**The Fairway Shuttle** departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

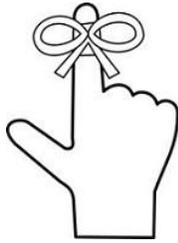
**Nurse Marie Phillips' "Take Charge of Your Health"** will be on break until the fall.

The **MRHS Book Club** meets on the last **Wednesday of the month at 3:00 PM** to discuss literary works, both fiction and non-fiction. September's reading choice will be announced soon. Look for the notices and please consider joining. All welcome!

### ***For Your Information***

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e. Friday, September 15, 2017). Please print clearly or type all information that you want included in the Newsletter. \*

***\*Due to space limitations, it may not be possible to include all information submitted.***



## Film Committee Presents

### ***First Wednesday Films***

Next screening on **September 6 at 7:30 PM**

Featuring:

### ***Ballad of a Soldier***

(1959) 1 hour 25 minutes

In lieu of a medal for a desperate act of bravery at the front, 19-year-old Alyosha requests a brief leave to see his mother. As he journeys home, he has several adventures, including falling in love. Poetic, poignant, heart-warming and heart-breaking. Academy Award nomination for Best Original Screenplay. Special Jury Award at Cannes. One of the most cherished Russian films. With English subtitles.

**The New MRHS Center, 100 La Salle, #MC**  
\$1.00 suggested donation

## Great Decisions 2017

Great Decisions resumes on **Tuesday, September 5 at 7:00 PM** with a discussion on "US Foreign Policy and Petroleum". The meeting will take place in the **MRHS Tuttle Center, 100 La Salle, #MC**. *Peggy Thomas* will be facilitator. Reading material for the discussion is available from the MRHS office.

## Phone Scam Alert

At the request of a senior shareholder MRHS is passing on a warning about scam calls from people claiming to be from the IRS. If you receive such a call please be aware that it is not a legitimate contact and do not give out any personal information.

***\*\*\* All information, statements, and material contained in the MRHS newsletter, brochures, classes, and programs of any kind are offered in good faith for the general information, education and/or recreation of our clients and other attendees. There is no intent to indicate an implicit or explicit endorsement of any content by MRHS. \*\*\****

## MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor on **Wednesday, September 13 at 1:00 PM.** Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month.

The cost of the lunch is \$10. Please bring a check payable to MRHS.

## CIA Lunch and Tour

Join all the gourmets at MRHS as we explore fine dining in the Hudson Valley. We're off again to the world famous **Culinary Institute of America** in Hyde Park, N.Y.

This time we will be having a spectacular feast at *The Caterina Di' Medici*. We will have a sumptuous three-course meal in this beautiful restaurant. Following lunch, we will take a guided tour of the Culinary Institute of America's Campus.

Please reserve with your payment in advance.

**Thursday, Sept. 28**      **Departing 9:00 AM**  
**Cost: \$60.00**          **Returning 5:30 PM**

Upcoming trip:

*Long Island Wineries, October 23*

## Fall Calendar Preview

Fall promises to be a busy season for MRHS so put these dates on your calendar now.

**Monday, October 16, 7:00 PM**

*New York City Water; Pure and Wholesome since 1842*, a talk and slide show presentation by Thomas Tarnoskey.

**Thursday, November 23**

Thanksgiving Dinner. Details will be available closer to the date.

***Publication of the Newsletter is made possible by a grant from Columbia Community Services.***

## Flea Market, and Finally, Flea Market Collections

For all those eagerly waiting, the Flea Market is finally coming! For some, the donation period is almost as important. If you have boxes or bags with items you have been waiting to donate for some time, well now is the time! Look through closets, cupboards, and drawers for items that can be cleared out to make room for yourself and passed on to others.

Donations will be accepted in the basement of Building 1 on **Wednesdays, September 13, 20, 27; October 4, 11, 18, 25; and November 1 from 3:00 PM to 7:30 PM.** If there is interest or need, we will also arrange for one Saturday in October. ***Please do not bring items to the MRHS office.***

Household goods (no furniture), luggage, jewelry, pocketbooks, tools, toys, china, collectibles, and such are sought. We don't sell clothes at the Flea Market; however, never worn clothes, new with tags, and lightly worn designer items can be donated for our eBay sales.

A letter acknowledging, but not valuing, the donation will be available.

## New York State Farmers Market Nutrition Program

Thanks to the NYC Department for the Aging, MRHS has been provided with vouchers to be used at Farmers Markets as part of the "New York State Farmers Market Nutrition Program." Booklets of vouchers worth \$20 will be available on a first-come, first-served basis. *There is a limit of one booklet (\$20 value) per person.*

The state requires that each recipient sign a "Statement of Eligibility," indicating that you are at least 60 years of age and meet the following income limits:

Below \$1,860 per month for a one-person household; below \$2,504 per month for a two-person household; below \$3,149 per month for a three-person household.

Or, currently receiving or eligible to receive SSI or public assistance.